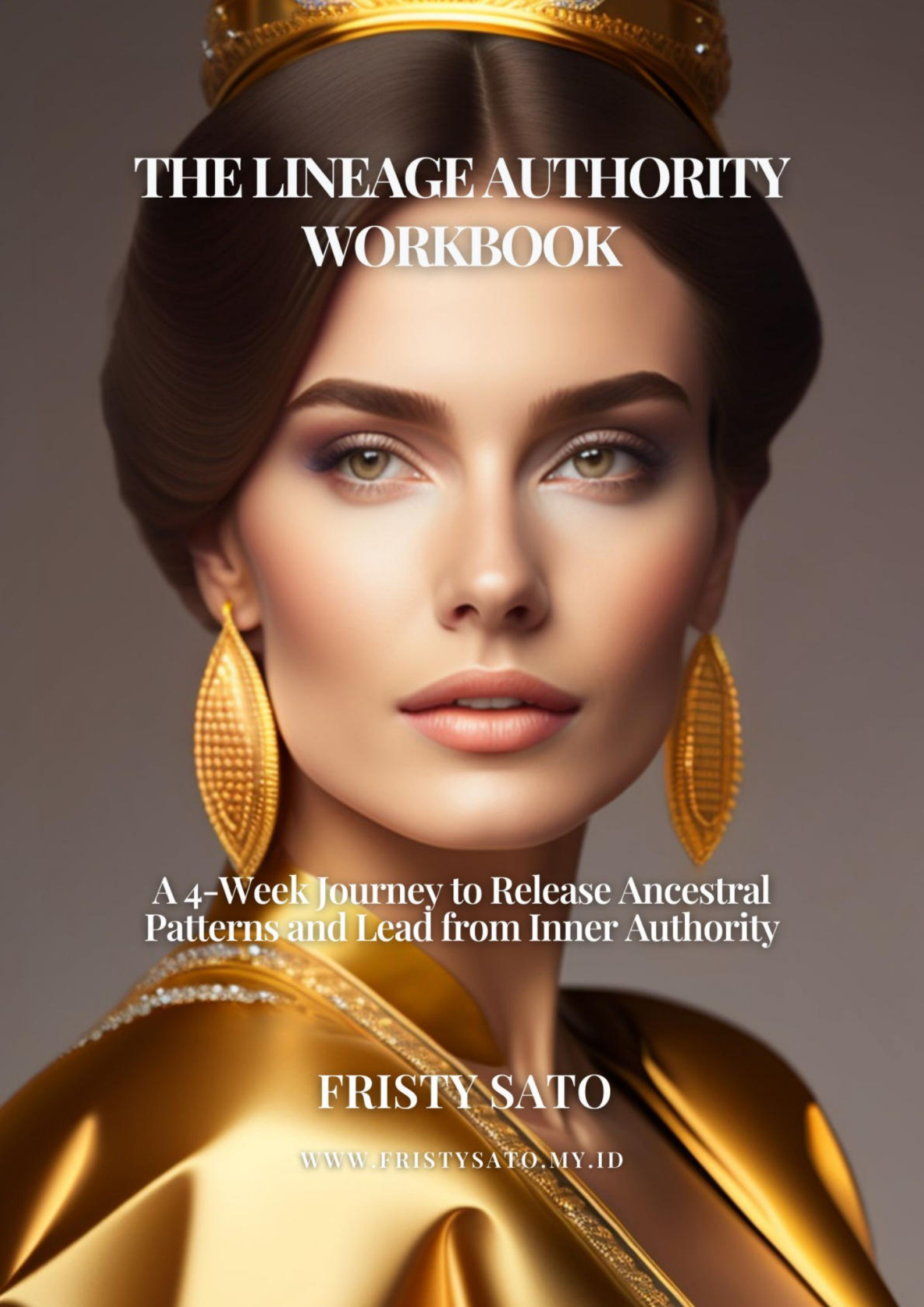


THE LINEAGE AUTHORITY WORKBOOK

A 4-Week Journey to Release Ancestral Patterns and Lead from Inner Authority

FRISTY SATO

WWW.FRISTYSATO.MY.ID

The Lineage Authority Workbook

A 4-Week Journey to Release Ancestral Patterns and Lead from Inner Authority

Written by Fristy Sato

Divine Feminine Leadership Initiator

fristysato.my.id

FRISTY SATO
fristysato.my.id

The Lineage Authority Workbook

© Copyright 2025 Fristy Sato

All rights reserved. No part of this publication may be reproduced, stored, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without written permission from the publisher. It is illegal to copy this book, post it to a website, or distribute it by any other means without permission.

Fristy Sato asserts the moral right to be identified as the author of this work.

Fristy Sato has no responsibility for the persistence or accuracy of URLs for external or third-party Internet Websites referred to in this publication and does not guarantee that any content on such Websites is, or will remain, accurate or appropriate.

Designations used by companies to distinguish their products are often claimed as trademarks. All brand names and product names used in this book and on its cover are trade names, service marks, trademarks and registered trademarks of their respective owners. The publishers and the book are not associated with any product or vendor mentioned in this book. None of the companies referenced within the book have endorsed the book.

Although the author and publisher have made every effort to ensure that the information in this book was correct at press time, the author and publisher do not assume and hereby disclaim any liability to any party for any loss, damage, or disruption caused by errors or omissions, whether such errors or omissions result from negligence, accident, or any other cause.

Neither the author nor the publisher assumes any responsibility or liability whatsoever on behalf of the consumer or reader of this material. Any perceived slight of any individual or organization is purely unintentional.

The resources in this book are provided for informational purposes only and should not be used to replace the specialized training and professional judgment of a health care or mental health care professional.

Neither the author nor the publisher can be held responsible for the use of the information provided within this book. Please always consult a trained professional before making any decision regarding treatment of yourself or others.

Disclaimer & Important Information

This workbook, "The Lineage Authority Workbook" was created by Fristy Sato and is intended for educational and inspirational purposes only. It is not a substitute for professional medical, psychological, or financial advice. The content provided herein is based on spiritual and energetic principles and is designed to support personal growth and self-discovery in a structured manner.

While the practices and information shared can be profoundly transformative, individual results may vary. It is always recommended to consult with qualified professionals for any health or well-being concerns. By engaging with this material, you acknowledge that you are responsible for your own well-being and choices.

All content, concepts, and the THRIVE Method™ are copyrighted by Fristy Sato. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

© 2025 Fristy Sato. All rights reserved.

Table of Contents

A Note from Fristy 5
Program Overview: The Rite of Closure 6
WEEK 1 — Cleansing the House: Energetic Hygiene 6
Practices 6
WEEK 2 — The End of the Old Father 8
Practices 8
WEEK 3 — The Responsible Sister 9
Practices 9
WEEK 4 — The Priestess-Architect 10
Practices 10
Reflection and Notes Section 11
Closing Integration 12
Apply Now for the THRIVE Feminine Leadership Immersion 12
Get Your Free Gift! 13
Divine Feminine Wealth Activation 13
Get Your Free Gift! 15
The Unapologetic Radiance Guidebook 15
A Note of Gratitude 17
About Fristy Sato 18
Check Out My Books! 19
The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires 19
When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love 21
Your Path Forward 23
BEGIN YOUR JOURNEY NOW! 24

© 2025 Fristy Sato
fristysato.my.id

A Note from Fristy

Welcome, sovereign woman leader.

Fristy Sato here. For those who haven't met me yet—I'm a certified Life Coach in Neuro-Linguistic Programming, a Certified ThetaHealing® Practitioner, and a Certified Practitioner in Time Line Therapy®.

For years I believed achievement was the same as peace. I chased degrees, recognition, and a picture-perfect career abroad. On paper, I looked successful. Inside, I was exhausted and disconnected.

Through trauma-informed healing, inner-child work, and embodiment, I began leading from presence instead of perfection. That path became what I now call Divine Feminine Leadership—leading with intuition, clarity, and compassion, like a mother guiding life itself.

You have achieved success, yet you may find your leadership entangled by unseen forces: **inherited emotional patterns, unconscious duties, and generational fears** that drain your energy and cloud your clarity.

This is the time for your **Leadership Rite of Closure**—the profound journey of recognizing what is yours to carry and what belongs to your lineage.

Using grounded techniques from NLP, Somatic work, and Energetic Repatterning, this workbook guides you through the crucial bridge between healing and embodiment. You will learn to integrate your inner masculine and feminine forces to finally step into a clear, potent, and sovereign leadership role.

Your Lineage is honored when you set yourself free.

Yours in clarity and authority,

Fristy Sato | Divine Feminine Leadership Initiator
fristysato.my.id
hello@fristysato.my.id

© 2025 Fristy Sato
fristysato.my.id

Program Overview: The Rite of Closure

This 4-week journey focuses on releasing inherited burdens and anchoring your self-permission to lead differently.

Week	Theme	Core Focus	Key Outcome
1	Cleansing the House	Recognizing and releasing energetic burdens and emotional debts belonging to your lineage.	Energetic Hygiene & Clarity
2	The End of the Old Father	Releasing the need for external validation and reclaiming your mature, inner authority.	Self-Permissio n & Sovereignty
3	The Responsible Sister	Transforming unconscious over-functioning into empowered, compassionate boundaries.	Clean Anger & Firm Boundaries
4	The Priestess-Architect	Designing structures and systems that reflect inner peace, flow, and sustainable leadership.	Integration of Structure + Flow

WEEK 1 — Cleansing the House: Energetic Hygiene

Theme: Recognize what's yours to carry and what belongs to your lineage. When you absorb ancestral fears, your leadership becomes entangled.

Practices

- **Theta-Style Visualization:** Imagine standing in an ancestral house. Let any grey, heavy clouds rise from the structure and dissolve into bright, divine light. Whisper: **"All that is not mine returns to Source in love."**
- **Journal Prompt:**
    - Which **emotional burdens** or duties have I been cleaning that were **never mine** to fix?
    - Where do I still try to **fix** what I could simply **witness** with compassion?

© 2025 Fristy Sato
fristysato.my.id

- **Affirmation: “I honor my lineage by consciously freeing myself from their pain.”**

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

© 2025 Fristy Sato
fristysato.my.id

WEEK 2 — The End of the Old Father

Theme: Releasing external authority and reclaiming self-permission. The old "Father" archetype (shadow structure/rules) must dissolve for mature self-leadership to rise.

Practices

- **NLP Reframe:** Write one limiting belief that starts with **"I must…"** (e.g., "I must hustle to be successful"). Rewrite it as a powerful, conscious choice beginning with **"I choose to…"** (e.g., "I choose to lead from aligned flow").
- **Somatic Ritual:** Sit upright, breathe into your spine, and say silently: **"I release the need for external approval; I lead with inner authority."**
- **Journal Prompt:**
    - If **no external approval** were required (no mentor, no parent, no market), what one truth would I finally act on today?
- **Affirmation: "My authority is sacred, calm, and enough."**

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

© 2025 Fristy Sato
fristysato.my.id

WEEK 3 — The Responsible Sister

Theme: Transforming resentment into empowered boundaries. When we over-function, we fall into the role of "The Responsible One." True leadership is firm, non-rescuing, and crystal clear.

Practices

- **Boundary Mapping:** List the areas where you currently **over-give**—clients, family, business projects. Circle one area to **step back** from this week, allowing others to hold their own responsibility.
- **Self-Dialogue:** Ask your inner child or inner Caregiver: **"What happens if I let others carry their part?"** (Listen for the fear of abandonment or loss of value.)
- **Journal Prompt:**
    - How can I be **firm and clear** in my boundaries without closing my heart to connection?
- **Affirmation: "Compassion does not mean carrying what isn't mine. My truth creates clean energy."**

The fear of setting boundaries often links to the ancestral belief that self-sacrifice equals worth. To dissolve the patterns that tether you to others' needs, [Visit our self-paced course, Divine Feminine Money Healing](#).

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

© 2025 Fristy Sato
fristysato.my.id

WEEK 4 — The Priestess-Architect

Theme: Designing systems of peace, not rescue. You integrate the Feminine (flow, intuition) and Masculine (structure, discipline) to become the architect of wholeness.

Practices

- **Leadership Design Map:** Answer:
    - What kind of business **environment** helps your clients or team **self-regulate** (instead of relying on your rescue)?
    - How can your business model reflect both **nurture (flow) and clear structure (discipline)**?
- **Embodiment Practice:** Each morning, stand tall and imagine light roots connecting **heaven and earth through your body**. Anchor your power into your presence.
- **Journal Prompt:**
    - Which current system in my life or business feels ready for **closure and complete redesign**?
- **Affirmation: "I build structures that free souls—including mine."**

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

© 2025 Fristy Sato
fristysato.my.id

Reflection and Notes Section

This space is for you to jot down any thoughts, feelings, or insights that arise during your exercises. Reflect on your progress, challenges, and any shifts in your perspective towards self-love and loving kindness.

© 2025 Fristy Sato
fristysato.my.id

Closing Integration

This journey is not about severing from your past—it's about **integrating your wisdom** and releasing the noise. When you release the ancestral weight, your **voice becomes clear**, and your **inner authority** becomes unwavering.

Take a deep breath. You've completed your rite of closure.

Now step forward—not as a healer fixing broken things, but as a **leader designing wholeness**.

This final, clear-cut leadership is the focus of the **THRIVE Feminine Leadership Immersion**.

Apply Now for the THRIVE Feminine Leadership Immersion

Note: Only 5 spots are available per quarter.

I am holding the space for your arrival.

With love,

Fristy

© 2025 Fristy Sato
fristysato.my.id

Get Your Free Gift!

Divine Feminine Wealth Activation

Your Clear Path to Reclaim Your Financial Flow and Manifest Sacred Prosperity.

This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of scarcity** that may be holding you back.
- **Deconstruct inherited and learned patterns** that have unknowingly blocked your abundance flow.
- **Discover the true essence of Divine Feminine Wealth**—it's more than just money; it's a sacred energy for impact and purpose.
- Begin to **Transform your relationship with money** through grounded practices for financial safety and energetic boundaries.
- **Uncover your unique abundance blueprint** through powerful self-inquiry and actionable practices.

© 2025 Fristy Sato
fristysato.my.id

You'll find that readers who engage with this "Divine Feminine Wealth Activation" workbook are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their financial flow and manifest sacred prosperity with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound abundance.

Ready to Reclaim Your Abundance?

Get Your FREE "Divine Feminine Wealth Activation" Guidebook Now!

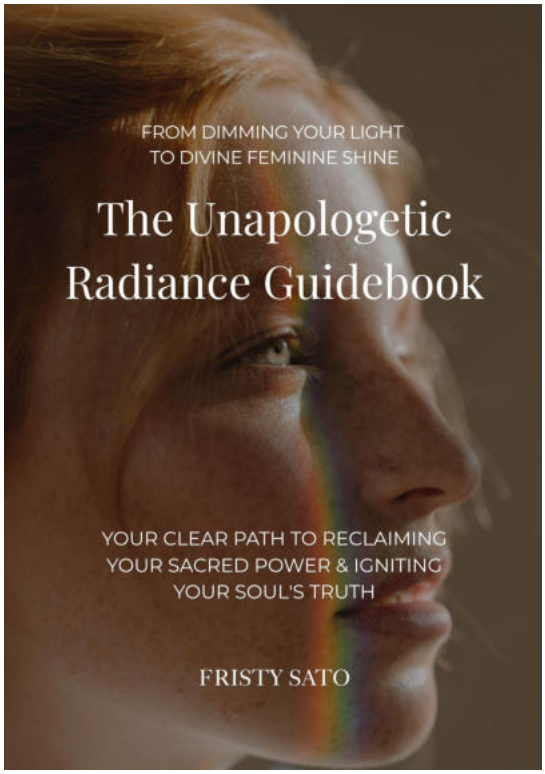
You can get your copy HERE.

© 2025 Fristy Sato
fristysato.my.id

Get Your Free Gift!

The Unapologetic Radiance Guidebook

Your Clear Path to Reclaiming Your Sacred Power & Igniting Your Soul's Truth.



This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of fear and self-doubt** that may be subtly dimming your light.
- **Deconstruct inherited and learned patterns** that have unknowingly kept you playing small or seeking external validation.
- **Discover the true essence of Divine Feminine Radiance**—it's more than just being seen; it's a sacred frequency for impact and purpose.
- Begin to **Transform your relationship with visibility** through grounded practices for inner safety and energetic boundaries.
- **Uncover your unique radiance blueprint** through powerful self-inquiry and actionable practices.

© 2025 Fristy Sato

You'll find that readers who engage with "The Unapologetic Radiance Guidebook" are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their authentic presence and ignite their soul's truth with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound self-expression.

Ready to Reclaim Your Radiance?

Get Your FREE "The Unapologetic Radiance Guidebook" Now!

You can get your copy HERE.

© 2025 Fristy Sato
fristysato.my.id

A Note of Gratitude

This work wouldn't be possible without the wise women, spiritual teachers, and mystics who came before me. Their wisdom is what built the foundation of the **THRIVE Method**. I'm forever grateful for them.

To my own mentors, thank you for holding the space for my own journey and for always guiding me with a firm, loving hand.

Finally, to you, the reader—thank you. Thank you for being so brave and for showing up for yourself. The world is a better place because you're doing this work.

© 2025 Fristy Sato
fristysato.my.id

About Fristy Sato

Fristy Sato is a Divine Feminine Leadership Activator, a guide for women who are ready to become leaders. She helps them tap into their feminine power and lead with confidence. Her work is a journey that helps women master their energy, heal from the past, and embrace who they truly are.

Fristy's goal is to help women move beyond pain and reclaim their power. She guides them toward a life of peace, prosperity, and clear purpose. She uses a kind, grounded, and empathetic approach, creating a safe and clear space for real transformation.

She helps women build unshakeable confidence that comes from within. Her programs aren't just courses; they're designed to help you remember your soul's deepest truth and give you a practical way to rise up and lead.

© 2025 Fristy Sato

Check Out My Books!

I've channeled more wisdom into these sacred offerings. These books are designed to meet you exactly where you are and guide you through the intricate layers of healing and alignment. They illuminate the next steps on your path to becoming the most authentic, radiant, and powerfully manifested version of yourself.

The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires

UNLOCK THE SECRET TO MANIFESTATION
THAT ALIGNS WITH YOUR SOUL'S PURPOSE
The
Conscious
Manifestation
Journal
This transformative journal blends manifestation techniques, subconscious healing, and structured goal-setting to help you turn your biggest dreams into reality—one aligned step at a time.
FRISTY SATO

You've tried manifestation. You've made vision boards. You've repeated affirmations. But something still feels off. This journal is your guide if you're ready to move beyond wishful thinking and into the deep, soul-aligned work of co-creation. It's for the leader ready to heal subconscious blocks, align with her soul's true mission, and manifest her biggest dreams into reality, one grounded step at a time.

Discover More and Purchase Your Copy HERE!

© 2025 Fristy Sato

What Readers Are Saying:

I've read countless books on manifestation—but nothing has felt as grounded, practical, and deeply transformational as The Conscious Manifestation Journal. Fristy Sato don't just repackage the usual "think positive" advice. Instead, they take you into the real work: healing, shadow integration, inner child connection, and actionable, aligned steps that actually move your life forward.

What makes this journal stand out is how holistic and structured it is. The project management-inspired tools helped me take vague dreams and turn them into clear, achievable goals. And the emotional healing work—especially the exercises on forgiveness, limiting beliefs, and self-sabotage—created shifts I've been trying to unlock for years.

I finally feel like I'm not trying to force the universe, but co-creating with it in a way that feels natural and true to who I really am. If you're tired of fluffy LOA advice and ready to align your desires with your soul's path—this is the journal you've been waiting for. Truly a sacred, empowering, and life-changing guide.

— Sarah., Life Coach

"Fristy's guidance has been a beacon. Her teachings on energetic sovereignty transformed my fear of visibility into a quiet confidence I never knew I possessed. I'm finally showing up in my business, unapologetically radiant."

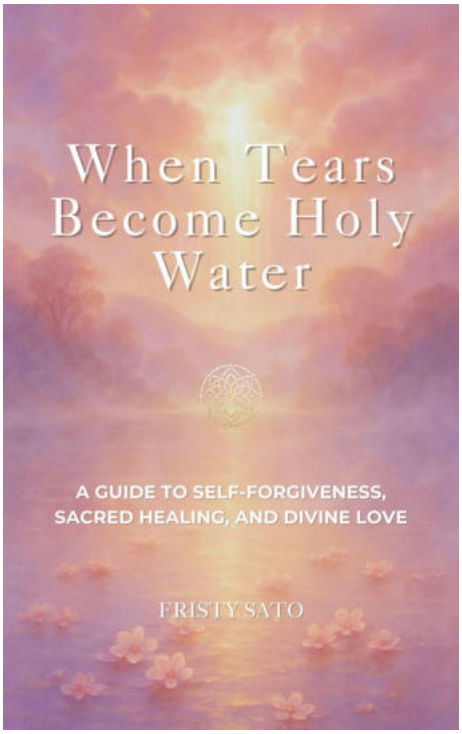
— Evelyn., Manager

"I used to feel exhausted just thinking about my finances. After working with Fristy's methods, I feel a profound sense of ease and an almost magical flow of abundance. Her work is truly life-changing and deeply sacred."

— Erika., Healer

© 2025 Fristy Sato
fristysato.my.id

When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love



What if your tears weren't a sign of failure—but a sacred invitation back to yourself? If the journey of healing and self-compassion calls to you, this book is a profound companion. It's for the sensitive, introspective soul longing to reconnect with her inner child, release unspoken shame, and forgive herself, others, and even God. This is not a step-by-step guide to "fix" your life; it's an invitation to sit with your truth and find out it's still holy. Embrace a softer, embodied approach to healing and discover the grace that has always been holding you.

Discover More and Purchase Your Copy HERE!

What Readers Are Saying:

"As someone who has struggled with family wounds and spiritual confusion, I felt seen in every chapter. The three-act structure made it so easy to follow: forgiving God, forgiving myself, forgiving others. I've never read a book that so beautifully integrates personal story with spiritual practice. This is the book I'll be gifting to every woman I know."

— Sofia., Entrepreneur

This book found me exactly when I needed it. I didn't realize how much shame and guilt I was still carrying until I started reading When Tears Become Holy Water. Fristy's words felt

© 2025 Fristy Sato
fristysato.my.id

like a hand on my heart. She doesn't just teach forgiveness—she lives it. This is more than a book. It's a healing experience. I cried, I journaled, and for the first time in years, I truly forgave myself.

— Sheena., Trauma Survivor & Meditation Student

I've read dozens of personal growth books, but none touched me like this one. Fristy writes with so much tenderness, wisdom, and depth. Her story is raw, relatable, and radiant. The mirror ritual alone changed my relationship with my inner child. If you're on a journey of healing, this book is your companion.

— Melissa R., Therapist & Energy Healer

Fristy writes with a voice that's both nurturing and powerful. She doesn't sugarcoat the healing journey, but she shows you how every tear is sacred. This book helped me forgive people I never thought I could—and most importantly, it helped me forgive myself. It's a must-read for anyone walking the path of spiritual growth and emotional freedom.

— Nina H., Spiritual Entrepreneur

I couldn't put this book down. Fristy's journey through rage, grief, and spiritual awakening is not just inspiring—it's transformative. I felt like I was sitting in a healing session just by reading. Her blend of journal reflections, meditations, and lived wisdom is unmatched. I'll be rereading this one for years to come.

— Jasmine A., Holistic Wellness Practitioner

© 2025 Fristy Sato
fristysato.my.id

Your Path Forward

Connect with Fristy on Social Media:

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

Receive daily inspirations, clear transmissions, and updates designed to support your journey.

Explore More Offerings & Wisdom: https://www.fristysato.my.id/

Discover the full THRIVE Method™ from free resources to high-ticket mentorships—each designed to provide a clear path to your next level of embodiment.

© 2025 Fristy Sato
fristysato.my.id

BEGIN YOUR JOURNEY NOW!

For more wisdom of Divine Feminine Leaders, visit:

Fristy Sato Official Website: https://www.fristysato.my.id/

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

May your radiance shine forth with clarity and purpose. The world awaits your light.

© 2025 Fristy Sato
fristysato.my.id